

## ABSTRACT

*Urinary incontinence is a major problem for post TURP patients. This situation raises various problems ranging from medical, social, economic problems to a decrease in the quality of life of patients. This study was to determine the effect of pelvic floor exercise on urinary incontinence and quality of life of postoperative patients at RSPAL Dr. Ramelan Surabaya.*

*The design of this research is Quasy -Experimental approach to pre post test control group design. The sample size is 32 patients, divided into 2 intervention and control groups, taken by non-probability sampling technique. the independent variable is pelvic floor exercise and the dependent variable is urinary incontinence and quality of life. Data were collected using a questionnaire. Data analysis used t-test with  $\alpha = 0.05$ .*

*The results of the paired t-test in the intervention group,  $p = 0.000$ , which indicated that there were differences in urinary incontinence, and quality of life before and after pelvic floor exercise and the control group showed no differences in urinary incontinence and quality of life before and after intervention according to hospital standards. . The results of the Independent t-test test for the intervention and control groups obtained a value of  $p = 0.000$ , meaning that there was an effect of pelvic floor exercise on urinary incontinence, and the quality of life for the intervention and control groups obtained a value of  $p = 0.000$ , meaning that there was an effect of pelvic floor exercise on improving the quality of life.*

*The results of the analysis show that there is an influence of pelvic floor exercise on urinary incontinence and improve the quality of life of post-TURP patients. Pelvic floor exercise can build pubococegeus muscle mass, improve blood circulation, and improve bulbocavernosus and ischiacavernosus muscles..*

*Keywords: Pelvic Floor Exercise, Urinary Incontinence, Quality of Life*